



IMPORTANCE OF MOVEMENT

PRESENTED BY HEALTHSPAN HEALTH COACHES:

Ashley Hogoboom, MS, NASM-CPT and Vicki Kenney, BS, NSCA-CSCS

The hormonal changes of menopause have far-reaching effects on a woman's body, impacting bone health, muscle strength, joint health, inflammation, and body composition.

1. As women age, we lose estrogen, which causes our cartilage to become more sensitive to rapidly progressing arthritis
2. Around the perimenopause phase, we lose 20% of our bone density, due to acute estrogen drop, resulting in a significant amount of strength/power loss
3. With the decline in estrogen, our bodies have an increase in inflammation
4. 80% of women will experience a diagnosis relating to the musculoskeletal system
5. During this phase, our fat will move to our belly
6. You lose up to 8% of muscle mass each decade after 30!
7. Osteoporosis, which is the weakening of the bone, increases the risk of fractures, as women age, and estrogen drops, it no longer helps in bone growth

MORE INFORMATION

VAILHEALTHSPAN.COM | (970) 432-6240
VICKI.KENNEY@VAILHEALTH.ORG
ASHLEY.HOGOBOOM@VAILHEALTH.ORG



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PRIORITIZE MOVEMENT

MOBILITY BAND, FOAM ROLLING & WARM UP

Maintain mobility and reduce the risk of injury with targeted movement and exercises.

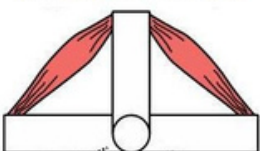
BENEFITS OF MOBILITY/WARM UPS:

- Loss of joint range of motion as we age
- Dynamic warmups are critical to maintaining ROM
- Balance training
- Estrogen is an anti-inflammatory, which can cause frozen shoulder

EXAMPLE OF MOBILITY/WARM UP EXERCISES

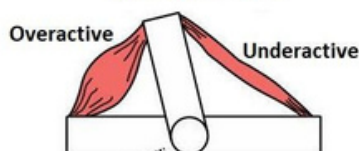
- Tube Walks: Activates glute Medius
- PVC pass through/figure 8: targets shoulder stabilizers and chest muscles
- Seated straight leg lifts: improves hip mobility
- Cat/cow: works on flexion/extension movement of spine
- Core activation: bird dog/dead bug

Normal Muscular Balance
(optimal joint function)



Joint

Muscular Imbalance
(joint dysfunction)



Joint

BENEFITS OF FOAM ROLLING

- As we age, we become more fibrotic and less flexible.
- Pressure from foam roller will stimulate nervous system
- Response to pressure: inhibit overactive muscle, and has global response
- Mechanical response: breaks up myofascial adhesions (get tissue to move)
- Helps with flexibility, mobility and overall move better
- Foam rolling before workout- improve ROM, reduce injury, improve movement patterns
- Foam rolling after workout- flush out metabolic waste/tissue from muscles worked, reduce soreness

FOAM ROLLING TECHNIQUE

- Roll slowly through muscle, identify tender spot, hold pressure (breathe, relax, allow nervous system to react)
- No pain! Harder does not mean better. Slight discomfort, ranging in difficulty 4-6
- Breathe deeply and try to relax, trying to engage the parasympathetic response
- Stop rolling in areas if you feel nerve/shooting pain (avoid L spine)



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PRIORITIZE MOVEMENT

LIFTING HEAVY WEIGHTS

Muscle loss accelerates during menopause because estrogen declines. Because of this we lose muscle, strength and bone density. Strength training protects against these!

BENEFITS OF LIFTING:

- Stimulates bone growth
- Reduces the risk of falling
- Improves insulin sensitivity; supports metabolic health
- Strength training changes not just your body but how you feel in your body

TRAIN SMARTER, NOT HARDER

- We have been taught that cardio burns more calories, so train harder

Instead, focus on:

- Recovery matters
- Sleep and Stress Management
- Build muscle, which is Active Tissue (better than cardio)
- Consistency over Intensity

STRENGTH EXERCISES:

- Squat
- Deadlift
- Overhead press
- Back activation
- Push-ups and Chest Press
- Dumbbell row
- Grip strength

JUMPING:

Instead, focus on:

- Helps reduce falling
- Bones are master communicators
- Incorporate balance every. Single. day.
- Bash your bones- jump 20 times every day!

VICKI AND ASHLEY'S TAKEAWAYS:

We must be lifting and lifting heavy to stimulate and increase lean muscle mass.

As estrogen declines through this phase of life, prioritize warm-ups, mobility, strength training, and impact exercises to support muscles, joints, and bone health. Your body remains highly adaptable, and consistent movement is one of the most powerful investments you can make in your long-term strength, independence, and quality of life.



NUTRITION FOUNDATIONS FOR STRENGTH, ENERGY AND HEALTHY EATING

PRESENTED BY HEALTHSPAN NUTRITIONIST:

Christine Pierangeli, CMNT

Anti-Inflammatory Eating

Eat More:

- Vegetables & berries
- Beans & lentils
- Olive oil, nuts & seeds
- Fatty fish (salmon, sardines)
- Herbs & spices (turmeric, ginger, garlic)

Limit:

- Ultra-processed food, fried food, fast food and processed meat
- Added sugars
- Excess alcohol

WHY DOES IT MATTER?

Lower estrogen can increase inflammation, raising the risk of joint pain, insulin resistance, heart disease, bone loss, and brain fog. An anti-inflammatory diet helps protect the brain, heart, muscles, and bones.

MORE INFORMATION

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CHRISTINE.PIERANGELI@VAILHEALTH.ORG





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PRIORITIZE NUTRITION

BLOOD SUGAR, PROTEIN + FIBER

BALANCED BLOOD SUGAR

Why?

Stable blood sugar supports: Energy, Mood, Sleep, Weight management, Cortisol regulation

Simple Strategies:

- Eat protein at every meal
- Include fiber-rich foods daily
- Pair carbohydrates with protein and healthy fats
- Don't skip breakfast
- Move for 10 minutes after meals

PRIORITIZE PROTEIN

As estrogen declines, our muscles become less responsive to protein, so we need more to maintain strength and metabolism.

Aim For:

- 25-35 grams per meal
- Minimum of 100 g per day up to 1 gram per pound of IDEAL body weight.
- Protein Helps: preserve muscle, support bone health, stabilize blood sugar, maintain metabolism, support healthy aging

FOCUS ON FIBER

Aim For:

- 25-35 grams per day
- Best Sources:
- Vegetables
- Berries and whole fruits
- Beans and lentils
- Oats and whole grains
- Chia, flax, nuts, and seeds

Fiber Helps: Feed the gut microbiome, reduce inflammation, balance blood sugar, support heart health, promote regularity

HEALTHSPAN MASTERCLASS:

"Meeting Protein Needs
with Whole Foods"





A SAMPLE DAY OF MENOPAUSE NOURISHMENT

1. GREEK YOGURT POWER BOWL

- ¾ cup plain Greek yogurt
- ½ cup berries
- 1 Tbsp chia seeds
- 2 Tbsp ground flaxseed
- Cinnamon
- Small handful of walnuts

Protein: ~25g Fiber: ~13g

2. MEDITERRANEAN LENTIL SALAD

- ¾ cup cooked lentils
- Mixed greens
- Tomatoes, cucumber and peppers
- Feta cheese
- Olive oil & lemon dressing

Protein: ~22g Fiber: ~12g

3. SNACK: APPLE WITH ALMOND BUTTER

- 1 medium apple
- 1 Tbsp almond butter

Protein: ~5g Fiber: ~4g

4. SALMON WITH ROASTED VEGETABLES

- 5oz salmon
- Roasted broccoli and brussels sprouts
- Small baked sweet potato
- Olive oil

Protein: ~35g Fiber: ~10g

SIMPLE DAILY CHECKLIST

1. Did I eat 25- 35 g of protein at meal?
2. Did I get 25-35 g of fiber today?
3. Did I include healthy fats like olive oil, nuts, or fish?
4. Did I move my body after eating?

CHRISTINE'S TAKEAWAY

Prioritize protein to build muscle, protein, fat and fiber with every meal to stabilize blood sugar, if your grandmother wouldn't recognize it as food, don't eat it.



PROTEIN BREAKFAST COOKIE RECIPE

Most cookies deliver sugar, these deliver protein, fiber and nutrients

1. WHY THESE ARE GREAT DURING MENOPAUSE:

- ✓ Protein supports muscle and bone health
- ✓ Fiber supports gut health, cholesterol, and blood sugar balance
- ✓ Chia and flax provide omega-3 fats and lignans
- ✓ Cinnamon may help support healthy blood sugar regulation
- ✓ Blueberries provide antioxidants that support brain and heart health

2. HIGHLIGHTS

- 25-30g protein
- fiber from chia, flax, and berries
- blood sugar friendly
- easy breakfast or snack
- whole-food ingredients
- portable

Makes 8 large cookies

Nutrition (per cookie)

- Protein: 8-10g
- Fiber: 4-5g
- Healthy fats from flax, chia, and nuts

INGREDIENTS:

- 2 large eggs
- 1 cup plain Greek yogurt
- 2 cups rolled oats
- ½ cup almond flour
- ¼ cup ground flaxseed
- 2 Tbsp chia seeds
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp baking powder
- Pinch sea salt
- 1 cup fresh or frozen blueberries
- Optional: 2 Tbsp chopped walnuts or pecans

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Line a baking sheet with parchment paper.
3. In a large bowl, whisk eggs, Greek yogurt, and vanilla.
4. Stir in oats, almond flour, flaxseed, chia seeds, cinnamon, baking powder, and salt.
5. Fold in blueberries and nuts if using.
6. Let batter sit 5 minutes so the chia and flax absorb moisture.
7. Scoop into 8 large cookies and flatten slightly.
8. Bake 18-22 minutes until lightly golden.
9. Cool before serving.